

Everyday

For Life!

OMEGA SUFFICIENCY™

RESEARCH INDICATES THAT:

1. Omega-3 Fatty Acids are ESSENTIAL for health and wellbeing.
 - Dietary sufficiency is necessary for the proper function of the heart, the brain and every other cell, tissue, organ and gland in the body.
2. The North American (Western) diet is DANGEROUSLY DEFICIENT in EPA/DHA from Omega-3's.
 - This deficiency is implicated as a causal factor in alarming numbers of preventable illnesses and disease-related deaths worldwide.
3. The only way to SAFELY consume adequate amounts of EPA/DHA is through supplementation with a purified Omega 3 fish oil like Omega Sufficiency™.
 - Wild fish oil sources are becoming increasingly toxic with mercury, dioxins and other pollutants.
 - Vegetable sources like flax do not contain any EPA/DHA and the Omega 3 fats they do contain cannot be converted to EPA/DHA in sufficient amounts.



OMEGA SUFFICIENCY™ Everybody - Everyday - For Life!



Scientific References:

Please visit www.innatechoice.com for a complete list of references supporting the necessity for Omega-3 supplementation.



Everybody

Everyday



For Life!



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Everybody

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For Life!

Everybody Needs Omega 3!

Your health and the health of your loved ones is severely compromised if you are not consuming enough EPA/DHA Omega 3 fats. Conclusive scientific evidence indicates that the North American diet is dangerously deficient in EPA and DHA Omega 3 fatty acids. In fact, over 2000 scientific studies show the NECESSITY of supplementation.

Innate Choice OMEGA SUFFICIENCY™ fish oil is the world's premier EPA/DHA Omega 3 supplement. Sourced exclusively from wild sardine and anchovy from pristine cold waters, it is molecularly distilled and ultra-purified to pharmaceutical grade and then immediately infused with natural antioxidants ensuring maximum purity and freshness. Omega Sufficiency™ is also flavoured with 100% natural lemon and it TASTES GOOD. For those who prefer a capsule, be confident that our gel caps contain the same high-quality oil as our liquid form. Just break one open and test it out. No fishy smell or aftertaste!

Importantly, Omega Sufficiency™ is not chemically concentrated to create unnatural, artificial EPA/DHA ratios. Our EPA/DHA ratios are exactly as nature has always provided them for human consumption; they are as our genes require! Independent third party testing proves that Omega Sufficiency provides the purest, safest, most natural source of EPA/DHA Omega 3 fats possible.



OMEGA SUFFICIENCY™ is the world's premier EPA/DHA Omega-3 fish oil supplement.

How to consume Innate Choice™ OMEGA SUFFICIENCY™ oil:

As a liquid: Adults should consume 1-2 teaspoons per day, on it's own or added to foods, smoothies or salads. Ideally infants will be receiving Omega-3 from breastfeeding. If not, use 1/2 tsp for every 40 pounds of body weight.

Gel Caps: 5-10 gel caps per day with a meal. (5 gel caps equal approximately 1 teaspoon)

*Omega 3 essential fatty acids (EFAs)
are some of the most essential
nutrients for human health ever identified*

Deficiencies in EPA/DHA Omega-3 fatty acids have been linked to severe illnesses throughout life:

INFANTS and CHILDREN: developmental, learning and behavioural problems such as ADHD.

ADULTS: breast, colon and prostate cancers, heart disease, strokes, diabetes, obesity, high cholesterol, high blood pressure, depression, skin disorders, and digestive disorders like ulcerative colitis and Crohn's disease.

ELDERLY: arthritis, osteoporosis and Alzheimer's disease.

